VANCOUVER metro®

NEWS WORTH SHARING.

Canuck turnaround

It would seem the Vancouver Canucks have their mojo back after notching fourth straight win, in a matchup against Colorado PAGE 25

JUST CAN'T GET ENOUGH

DEPECHE MODE FANS WANT MORE OF THE TIMELESS '80S POP ROCKERS, WHOSE NEW ALBUM IS OUT THIS WEEK PAGE 19

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Vancouver–False Creek NDP candidate Matt Toner glad-hands with some four-legged constituents at an off-leash dog park on Sunday. The dogs are wearing promotional dog jackets Toner is using for his campaign. LIAM BRITTEN/METRO

Dogged NDP candidate gets furry signs

Spokespuppies? Matt Toner reaching hard-to-find Yaletown constituents by campaigning on orange dog jackets

LIAM BRITTEN
vancouver@metronews.ca

NDP candidate Matt Toner knows kissing babies is a thing of the past. Want to get to the hearts of Downtown voters? Go through their dogs.

The Vancouver-False Creek candidate has produced custom NDP-orange dog jackets with his name on them to turn pups into walking lawn signs. He's hoping they will help him connect with difficult-to-reach voters in his riding.

"A lot of the traditional tactics don't work, so we thought maybe some unconventional tactics might get people's attention," Toner said. "It's a different kind of riding. It's the youngest riding in the province, it is the most condo-intensive riding in the province, it's real hard to reach people. That sense of community doesn't happen the way it does in other places."

One place community does get established, Toner observed, is local dog parks. And there are plenty of those in his neighbourhood.

Between the parks, groomers, specialty food stores and dog spas, you can't walk for more than a block without running into one business or another whose clientele has, well, gone to the dogs.

"People joke about the latte-sipping Yaletown yuppies with their little handbag dogs running around. But it occurred to us, that actually is the constituency for a large part," he said.

Toner can use all the help he can get from his four-legged friends in this ruff campaign: His Liberal opponent is former Mayor Sam Sullivan, a political big dog.

"Dogs are a great symbol. They're lovable, they're straightforward, if they don't like something, they tell you. I guess I'm a dog person."

Mortgage Matters p.16-17

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Caught. New Zealander charged in assault of sex-trade worker

A New Zealand man who illegally entered Canada using a fake passport has been charged with the violent assault and kidnapping of a sex-trade worker in East Vancouver earlier this month.

After the incident in which the woman was tied up and dragged behind a moving van as she tried to escape, police issued a public warning, a sketch of the suspect and surveillance video of the van. Thanks to tips from the public and the woman's courage to come forward, they charged Michael Edward Farley, 39.

Farley has been charged with aggravated sexual assault causing bodily harm, sexual assault, assault, kidnapping, overcoming resistance by choking to commit a sexual assault, overcoming resistance by choking to commit a kidnapping, administering a noxious substance and uttering threats.

According to New Zealand police, he is wanted in his homeland for breaching home detention and "attempting to pervert the course of justice."

Farley will face immigration procedures at the completion of the criminal procedures. EMILY JACKSON/METRO

Police sketch of a man charged with kidnapping and assaulting a woman in Vancouver. CONTRIBUTED

Winnie-the-Pooh and canned food too

A Winnie-the-Pooh made of canned food sits outside the HSBC Building on West Georgia Sunday as part of the 11th annual Canstruction Vancouver art exhibit. Canstruction challenges teams to build creative sculptures out of packaged food, which will later be donated to the Vancouver Food Bank Society. It runs from March 25 to April 3 at the HSBC Building, The Rotunda at Pacific Centre Mall, and the Four Seasons Hotel. LIAM BRITTEN/FOR METRO

Oil remains divisive issue 24 years later

Exxon Valdez. The Coastal First Nations takes aim at Enbridge by launching an anti-pipeline campaign on anniversary of one of the worst oil spills in history

The date March 24, 1989, remains a black mark in the minds of environmentalists and coastal communities as they witnessed a massive oil slick unfurl in the waters of Alaska's Prince William Sound.

The Exxon Valdez disaster was one of history's worst oil spills, and 24 years later a B.C. First Nations group is pointing to the tragedy as proof the proposed Northern Gateway pipeline project should not go forward.

The province's waters are no place for massive tankers exporting oil to Asian markets, according to the executive director of Coastal First Nations, Art Sterritt.

"All of the social, environmental and economic impacts ... are not something that Coast First Nations are about to allow to happen to us. We just couldn't survive that," Sterritt said.

Sterritt launched a new social-media and television-advertising campaign on Sunday to commemorate the Exxon Valdez spill and provide "an alternative" to pro-pipeline ads by Enbridge, the company behind the hotly contested project.

"We thought showing people a little bit of reality would be appropriate," Sterritt said. "We think that there might be some people ... becoming a bit numbed by Northern Gateway's $300-million campaign."

Enbridge launched its own multimillion-dollar media and online-advertising campaign last May to sell the public on the economic benefits of the pipeline and the company's safety and oil-spill-prevention procedures. According to Northern Gateway manager Paul Stanway, the company spent less than $5 million to promote the pipeline, which would ship petroleum from Alberta to Kitimat.

THE CANADIAN PRESS

Counterpoint

The Coastal First Nations wants to provide "an alternative" to Enbridge's pro-Northern Gateway PR efforts.

- The executive director of the Coastal First Nations refused to disclose how much his group spent on the new ad but said it will likely be confined to inexpensive northern TV networks and free social media websites unless his group receives additional funding from outside sources.

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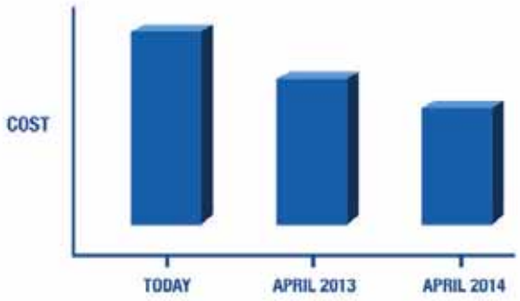

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CANADA STARTS HERE BRITISH COLUMBIA
BRITISH COLUMBIA

The lights on the Lions Gate Bridge are off during Earth Hour as seen from West Vancouver on Saturday.
JONATHAN HAYWARD/THE CANADIAN PRESS

Vancouver dims the lights for Earth Hour

Let there be night!
City placed 42nd in province on BC Hydro's ranking of energy saved

EMILY JACKSON
emily.jackson@metronews.ca

It's a good thing Vancouver won the title of global Earth Hour capital before the energy-saving event actually took place.

The city may be top in the world for its green initiatives, but it placed 42nd in the province on BC Hydro's ranking of how much energy municipalities saved by switching off the lights for an hour on Saturday night.

Vancouverites did conserve slightly more energy than last year with a 2.4 per cent reduction in power use, according to BC Hydro's Earth Hour report. It earned a 52nd-place finish in 2012 with 2.1 per cent savings.

Vancouver Island communities went the darkest, with Comox and Courtenay tied for the highest savings with a 9.8 per cent reduction. North Saanich, Sidney and Qualicum filled the Top 5.

With the Island leading the charge, more British Columbians participated this year in the event designed to shine attention on climate change.

People across the province turned off the equivalent of more than 10 million 12.5-watt LED light bulbs — about a million more than last year. The 1.95 per cent reduction in the provincial electricity load marks the most energy saved during the event since BC Hydro started tracking the numbers six years ago.

Active investigation

Tips sought on 22nd anniversary of kidnapping

Sunday marked the 22nd anniversary of the disappearance of four-year-old Michael Dunahee, but police say they haven't stopped looking.

Dunahee went missing from the school playground at Blanshard Elementary School in Victoria, sparking one of the biggest investigations in Canadian history.

Media widely reported his disappearance in Canada and the United States, resulting in at least 11,000 tips.

Police are asking anyone with information about Dunahee's disappearance to call the Victoria police detachment or Crime Stoppers. **THE CANADIAN PRESS**

City's cops join global police 'tweet-a-thon'

TYLER HARBOTTLE
The Canadian Press
exclusively for Metro

Lower Mainland cops got tech-savvy last week, joining hundreds of law-enforcement agencies around the world in the first-ever global police "tweet-a-thon."

Organizers said they hoped to raise awareness about police work and promote the use of social media in policing.

"We hope it sends the message to non-law-enforcement that their police officers are up to speed with social media," said Lauri Stevens, a media spokeswoman for the event.

"They should use the channel to talk with police officers and to be stewards of public safety," she said.

While the final numbers won't be released until next week, Stevens said they'd seen upwards of 35,000 tweets from more than 9,000 Twitter users by the halfway mark of the 24-hour social-media event.

In Vancouver, cops chose an interactive approach, rather than a steady stream of one-sided tweets.

Traffic cop Sgt. Gord McGuinness answered dozens of traffic-related questions from local drivers — among them, whether or not babies and pets count as a second passenger for those hoping to breeze by backed-up traffic in the HOV lane.

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Avalanche. Body of seasoned backcountry snowmobiler found

Search-and-rescue crews have located the body of a snowmobiler caught in an avalanche west of Kimberley on Saturday.

The man — who will not be identified until his family is notified — was found mid-afternoon on Sunday, according to Kimberley's search-and-rescue team president Peter Reid.

He said the snowmobiler was discovered under 1.5 metres of snow at the leading edge of the avalanche's path through the Hellroaring Creek area of the Purcell Mountains, by crews who had been searching since dawn.

The snowmobiler was one of seven seasoned backcountry snowmobilers with appropriate survival gear, according to a spokesman for the Cranbrook Mounties.

THE CANADIAN PRESS

First Nations reserve

Police investigate suspicious death

Police in northern B.C. are investigating the death of a 21-year-old woman in the Fort Fraser area.

Fraser Lake Mounties found the woman's body outside a home on the Nautley First Nations reserve early Saturday morning.

THE CANADIAN PRESS

Targeted attack: Cops

One injured in drive-by shooting

Abbotsford police are investigating a late-night shooting that left a man in his 20s in hospital.

Police say witnesses reported seeing shots fired from one vehicle into another as the two vehicles travelled east on Downes Road Friday night.

THE CANADIAN PRESS

NDP's Eby kicks off his campaign to unseat Clark

Vancouver–Point Grey. Candidate says environment is top issue in riding

The first time David Eby ran against Christy Clark, he lost by just 564 votes despite being a political newbie in a Liberal stronghold.

But with the NDP's surge in popularity as the May provincial election approaches, Eby is "very hopeful" about his chances to win the Vancouver–Point Grey seat from the premier.

"It's a great time to be an NDP candidate," he said as he officially kicked off his campaign at his Kitsilano office Sunday. "What's really resonating most for people is the message of the NDP that we can do better as a province."

That doesn't mean it isn't daunting to run against the premier.

"It's very intimidating. The premier has all kinds of resources, she's a very good campaigner, and we're not taking anything for granted," Eby said. "It's exciting that it's going to be close."

NDP Vancouver–Point Grey candidate David Eby launched his campaign to beat Premier Christy Clark in the May election at his Kitsilano office on Sunday. EMILY JACKSON/METRO

Eby, a former executive director of the B.C. Civil Liberties Association, and his team of about 50 regular volunteers plan to pound the pavement and knock on doors nightly to convince people to vote NDP. So far, he said, the environment has been the top issue on people's minds in the affluent riding.

A team of UBC students will also be out on campus letting students know they can vote if they've been living in the province for six months prior to the election. If students vote, it could tip the scales in Eby's favour due to the NDP's education and transit policies, fourth-year anthropology student Gabriel Giauque said at the office.

Though the premier's official campaign has yet to start, Clark was out chatting with people in her riding on the Broadway corridor last week. None mentioned transit, according to a Liberal party spokesman.

As election season gets underway in the city, Suzanne Anton, Liberal candidate for Vancouver–Fraserview, will open her campaign office on Monday.

EMILY JACKSON/METRO

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Innisfil, Ont.

Son, then mother charged with drunk driving

Police say a mother who came to pick up her son after he was arrested on suspicion of drunk driving found herself charged with the same offence.

Police say it started when an officer pulled over a speeding vehicle in Innisfil, Ont., early Sunday.

Investigators say the driver, a 27-year-old Newmarket, Ont., man, failed a roadside screening test and was taken to a police station north of Toronto, where he was charged with impaired driving.

Police say when his mother, 53, came to retrieve him, the same officer smelled alcohol and made her take a breathalyzer test. They say she failed the test and has been charged with impaired driving.

THE CANADIAN PRESS

Halifax

Girl accused of damaging police vehicles

Police say a teenage girl is facing charges after allegedly damaging two cop cruisers outside of an out-of-control party in Halifax.

Police say officers were called to an apartment on Saturday night after a noise complaint.

While officers were shutting the party down, police received a second complaint that a girl was outside damaging vehicles.

They say one marked police vehicle had both its mirrors broken off and the windshield smashed, while another had a mirror broken.

A 16-year-old girl was arrested and is facing two counts of property damage.

She was released from police custody on a promise to appear in youth court.

THE CANADIAN PRESS

New York

Museum battered by Sandy to stay closed this year

The Ellis Island Immigration Museum, which sustained severe damage to its infrastructure from the surging waters of Superstorm Sandy, is not expected to re-open to the public this year, the U.S. National Park Service said.

The Oct. 29 storm brought water levels as high as 2.4 metres to Ellis Island, adjacent to the home of the Statue of Liberty, destroying boilers and electrical systems.

The museum "is under repair from storm damage and will not likely be open in 2013," the park service said Friday, as it announced that security screening for visitors to the Statue of Liberty would be moving to temporary facilities on Ellis Island.

THE ASSOCIATED PRESS

Anne Frank's symbol of hope taking root in U.S.

Plantings. Saplings come from chestnut tree that's referenced several times in girl's famous accounts

Saplings from the chestnut tree that stood as a symbol of hope for Anne Frank as she hid from the Nazis for two years in Amsterdam are being distributed to 11 locations in the United States as part of a project that aims to preserve her legacy and promote tolerance.

The tree, one of the Jewish teenager's only connections to nature while she hid with her family in a Secret Annex in her father's company building, was diseased and rotted through the trunk when wind and heavy rain toppled it in August 2010. But saplings grown from its seeds will be planted starting in April, when the Children's Museum of Indianapolis will put the first one in the ground.

The 11 U.S. locations, which also include a park memorializing victims of the Sept. 11, 2001, terrorist attack in New York City, were chosen by the Anne Frank Center USA from 34 applicants.

Winners were selected based on their commitment to equality, demonstration of the consequences of intolerance or historical significance to civil rights and social justice in the U.S., according to a news release from the centre.

THE ASSOCIATED PRESS

In this March 18 photo, a replica of one of Anne Frank's diaries is displayed at the Children's Museum of Indianapolis. A sapling grown from seeds taken from the massive chestnut tree that stood outside the home in which Frank and her family hid will be planted in the museum's Peace Park.

MICHAEL CONROY/THE ASSOCIATED PRESS

Gay marriage foes rally ahead of French vote

Anti-gay marriage protesters demonstrate in Paris on Sunday, with the placard on the right reading: "Zero Mother, It's Depressing." Thousands of French conservatives, families and activists converged on the capital to try to stop the country from allowing same-sex couples to marry and adopt children. The lower house of France's Parliament approved the "marriage for everyone" bill last month with a large majority, and it's facing a vote in the Senate next month. Both houses are dominated by President Francois Hollande's Socialist Party and its allies. MICHEL EULER/THE ASSOCIATED PRESS

Under fire. Students defend half-naked romp

An engineering tradition at Toronto's Ryerson University has drawn sharp criticism after a video of half-naked students crawling through slush surfaced on YouTube.

Ryerson engineering students say school president Sheldon Levy is overreacting by likening an annual Ryerson Engineering Student Society (RESS) event to a form of hazing.

Levy has condemned the event as "completely unacceptable" and not representative of the "principles of civil society and the positive and supportive culture of Ryerson."

The RESS says the "voluntary" event builds school spirit and helps engineering students bond and adds even calling it an "initiation" is wrong. TORSTAR NEWS SERVICE

All for the 'covies'

- Every spring, engineering students who wish to become frosh-week leaders in the coming fall can take part to earn their "covies," a pair of engineering coveralls worn during orientation week.
- Half-naked leader hopefuls frolic around campus and "swim" through Lake Devo, a shallow man-made pond at the centre of campus, as past leaders egg them on.

Pollution. N.Y.C. moves away from sludgy fuel

Few sights capture Manhattan's beauty like the grand old apartment buildings that ring Central Park. But for decades, many of these mansions for the rich and famous have also been a literal source of urban grit.

Like other pre-war buildings throughout the city, scores of the graceful towers around the park have long burned the dirtiest heating fuel around: a nasty sludge called No. 6 oil that puts more soot into the air annually than all the city's vehicles combined.

This is the kind of Dickensian pollution you don't need fancy equipment to see. On winter mornings, the chimneys of buildings using No. 6 oil, or its nearly-as-bad cousin No. 4, will sometimes spew thick black smoke.

But that has begun to change as a result of new city regulations put in place in 2011. Since then, around 1,500 city buildings have switched to cleaner fuels. Changes are underway at many more, including some of those Central Park icons.

Late last month, The Dakota, famous as the home of John Lennon and Yoko Ono (and Lauren Bacall, Connie Chung, Leonard Bernstein and too many other luminaries to list), applied for construction permits to begin installing a new dual fuel boiler system that can run on either cleaner-burning No. 2 oil or even-cleaner natural gas.

THE ASSOCIATED PRESS

Dentists treat you, not your dental plan

According to the 2010 Canadian Health Measures Survey, 62% of Canadians have a dental plan, but many don't realize that group plans aren't designed to meet individual health needs. Dental plans are a valuable component of extended health benefits and are designed to offset the cost of dental treatment. Understanding how dental insurance plans work can help patients make informed choices in partnership with their dentist or certified specialist.

Dentist's responsibility

Just like your physician, your dentist or certified specialist is highly trained. Treatment recommendations are based on your dental health needs, not dictated by your dental coverage. A dental plan is a contract between a third party (like your employer), and the insurance company. The procedures and percentages covered are determined by the contract, not your dentist.

Your dentist can help you *understand* your coverage and assist you in getting pre-determinations for treatment. This will provide you with a good *estimate* of what will be covered by your plan, and what you will have to pay—before the treatment starts.

Coverage varies among dental plans

Your dental plan coverage is part of your benefits plan, not based on your (or your family's) dental care needs. Every dental plan is different. Coverage varies based on what services are covered in the contract; percentage of fees covered for each service; and yearly maximums. It is the plan purchaser, such as your union or employer, who determines what is covered when they purchase your plan—not your dentist.

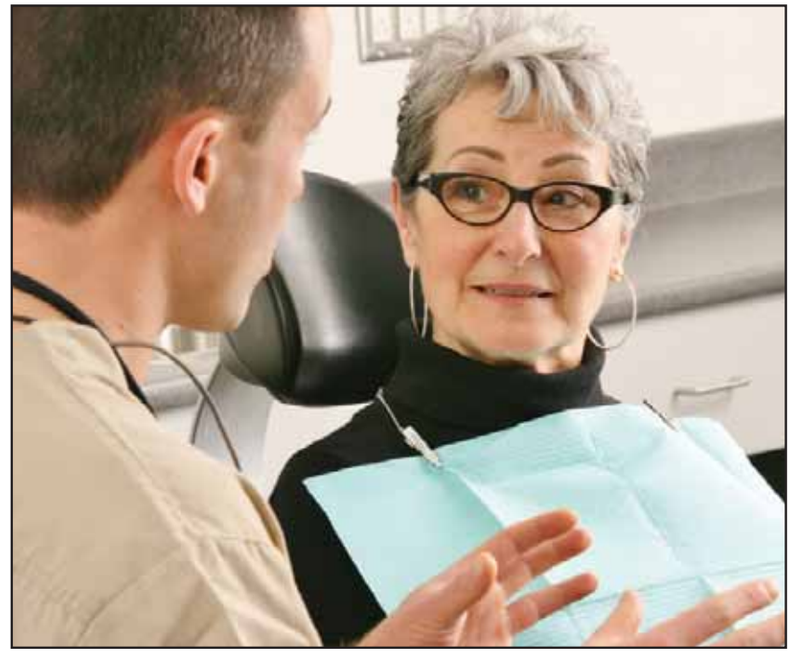
Patient's responsibility

Dental office staff are not experts on *your* plan. It is your responsibility to know your plan coverage, including any changes. Ask your benefits manager or insurance provider for a plan booklet or information on your specific coverage.

The co-payment (deductible)

Regardless of the actual costs, most dental plans cover between 50% to 80% of the cost of dental care. Any portion of the price not covered by your plan must be paid by you, and is referred to as the co-payment (the same as the deductible on your car or home insurance). The claim form submitted to your insurance company is a contract. Your dentist or certified specialist has an ethical and legal obligation to collect the co-payment from you.

As a service to patients, some dental offices bill the insurance company directly for the covered portion of treatment. Dentists are not required to do this. The *full* cost of the procedure, including the co-payment (or deductible) or the cost of any services not covered by the plan, must be collected from the patient at the time the treatment is provided.



A dental plan is an important benefit to support good dental health. Know your plan and discuss treatment options with your dentist to make an informed decision about your dental care needs.

How are dental costs determined?

The British Columbia Dental Association produces an annual suggested fee guide for dentists and certified specialists in BC. The majority of insurance plans base coverage percentages on this guide.

Dentists and certified specialists in Canada do not follow a fee schedule and set their prices to cover: lab costs and quality materials required for your procedure paid for directly by the dentist; salaries; rent; mandatory continuing education; equipment; and all the related costs in running their dental practice.

Be an active participant in your dental health:

- Know your dental plan and what's covered before your dental appointment to understand your portion of costs.
- Plan for the future. Consider *all* your extended health costs when planning for your retirement.
- Discuss all treatment options with your dentist to make an informed decision based on your dental health needs. Understand any health risks associated with delaying or refusing treatment.
- Pay the required co-payment. You expect your dentist or certified specialist to be honest with you about the care you need, and so does the insurance company.
- Prevention is still the best treatment for everyone in your family: brush and floss *daily*; limit sugary drinks and snacks; don't smoke; and have an examination by a dentist at least once a year to diagnose problems before they become more complex *and* costly.

For more information talk to your dentist or visit bcdental.org to review a list of frequently asked questions on dental plans.

British Columbia Dental Association

MEMBER OF THE CANADIAN DENTAL ASSOCIATION

China's new first lady ends line of recluses

Peng Liyuan. Singer and WHO ambassador makes media splash while on trip to Russia

An internationally popular first lady like Peng Liyuan could help soften China's sometimes abrasive international image. IVAN SEKRETAREV/THE ASSOCIATED PRESS FILE

New first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow. The visit is Xi's first since he assumed the presidency this month.

Peng watched song-and-dance routines at a performing-arts school on Saturday but did not join in as some media reports had suggested she might. Xi's trip continues this week with stops in Tanzania, South Africa and Congo, during which Peng is expected to hold other public events.

Peng, 50, largely retired from public life after Xi was made China's leader-in-waiting in 2007, but in recent years has won new acclaim as an ambassador for the World Health Organization. She has done work on tuberculosis and HIV/AIDS, diseases that still carry considerable stigma in China.

She holds the largely honourary rank of major general in the People's Liberation Army and is best known for her renditions of patriotic odes, often while in full dress uniform.

Peng's emerging high profile appears to be an extension of Xi's own confidence as he consolidates his control on power and presses a more assertive role for China in global affairs, said Steve Tsang, director of the China Policy Institute at Britain's University of Nottingham. THE ASSOCIATED PRESS

Then and now

Role of the first lady

In recent years, the wives of China's senior officials have gone almost unseen at home and attracted little attention while accompanying their husbands abroad.

That was in part a negative reaction to Mao Zedong's wife, Jiang Qing, who was despised and later imprisoned for her role as leader of the Gang of Four, which persecuted political opponents during the 1966-76 Cultural Revolution. THE ASSOCIATED PRESS

Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are struggling to decide where to draw the line between chronic abuse and a one-time insult.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents.

The definition under a bill now before the Manitoba legislature is so general, it could make bullies out of any student, argues Kelvin Goertzen, education critic for the Opposition Progressive Conservatives.

The province's education minister said the wording is broad partly so that school principals and others could use their own judgment to address individual incidents. THE CANADIAN PRESS

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Manitoba.** Behaviour that "should be known to cause fear, intimidation, humiliation, distress or other forms of harm to another person's body, feelings, self-esteem, reputation or property."

Liberal leadership race. Trudeau totally eclipses rival fundraising efforts

If money talks, then it's saying Justin Trudeau will win the federal Liberal leadership.

Trudeau is the only contender whose financial report is not yet on the Elections Canada website. But his team said Trudeau has raked in over $1 million since launching his campaign, with another $300,000 still being processed.

That's more than double what the other five contenders combined have raised. THE CANADIAN PRESS

Justin Trudeau THE CANADIAN PRESS

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No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending. Boris Berezovsky fell out with Putin and fled to avoid fraud charges he said were politically motivated

Boris Berezovsky GETTY IMAGES FILE

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy — or suicide.

Police said Sunday it would be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his demise and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London where Berezovsky's body was found on Saturday. They said an employee of Berezovsky told them how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered, which is why chemical and radiations experts were called to examine the property. THE ASSOCIATED PRESS

Bullet the blue sky

Viktor Mitic's bullet-riddled portrait of Hugo Chávez will be displayed at the Peach Gallery in Toronto in April, but it is still without a name. He has agreed to let Metro readers suggest names, and he'll choose his favourite. Mitic leaves the interpretation of his controversial art to the public, but another one of his bullet-riddled paintings will soon head to Washington, D.C., for an art show against gun violence. Email your suggestions for the Chávez portrait to jessica.smith@metronews.ca. JESSICA SMITH/METRO

Jamaican coast

Illegal Haitian migrants stopped

Jamaican police say that 33 illegal migrants from Haiti have been intercepted off the island's northeast coast. Fishermen alerted authorities after spotting a rickety boat carrying 20 men, four women and nine children. Authorities say they were trying to get to the U.S. THE ASSOCIATED PRESS

Mayoral elections

Macedonians avoid poll violence

Macedonians voted peacefully in local elections Sunday, boosting hopes the country is turning a page and won't repeat the political and ethnic violence that has marred past voting cycles. Turnout by 5 p.m. Sunday was 57.5 per cent.

The Balkan country hopes that free, transparent and peaceful elections will help it strengthen its case for EU membership. THE ASSOCIATED PRESS

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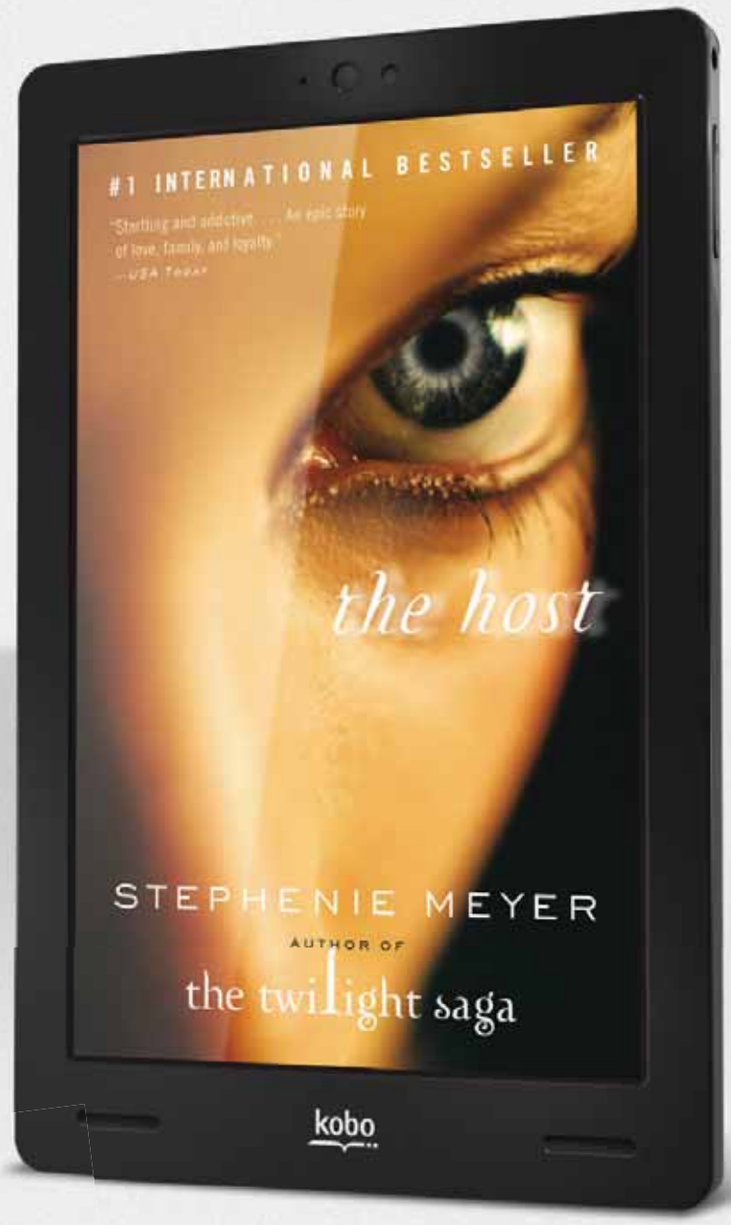

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Warning: Graphic details.
Couple who tortured man ask for reduced sentences

An Ontario couple who held a developmentally disabled man captive and tortured him while draining his bank account to buy drugs and video-game equipment is asking for lighter sentences.

Dakota Thompson and Stanley Brown were part of a group convicted of aggravated assault and forcible confinement for inflicting horrific injuries on a 23-year-old disabled man over more than two weeks in 2009.

The victim went to the Hamilton apartment where three people in the group lived, thinking they were going to help him look for a missing cellphone.

Instead, the group of people — Thompson, Brown, their roommate and a youth — confined him there for 17 days, burned him with a hair straightener, made him eat feces and drink urine, beat him and poured cayenne pepper into the bath when he tried to wash his wounds.

Brown was sentenced to 13 years and Thompson was sentenced to 10 years.

THE CANADIAN PRESS

Icelanders in Florida

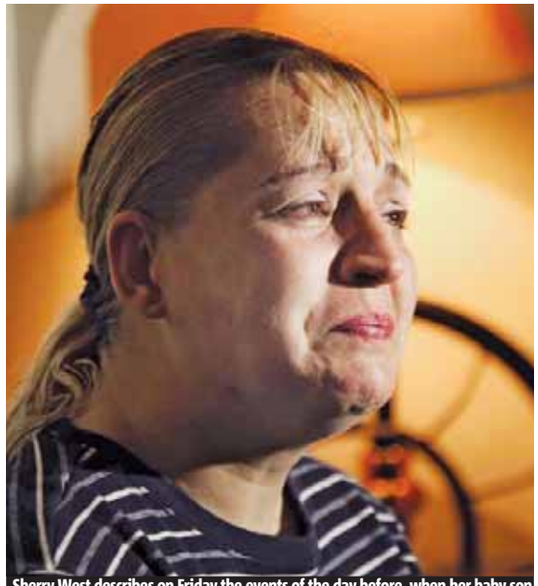
Skydivers killed in weekend jumps

Two skydivers from Iceland who died during weekend jumps at a Florida camp did not deploy their main parachutes, the co-owner of the facility said Sunday.

Deputies found the bodies of a skydiving instructor and a student Saturday after the two didn't return from a jump with a group, setting off an hours-long air and ground search around the facility. Pasco County sheriff's authorities identified the victims as 41-year-old Orvar Arnarson and 25-year-old Andrimar Pordarson.

THE ASSOCIATED PRESS

Mother says she's sure teen suspect killed her baby



Sherry West describes on Friday the events of the day before, when her baby son was fatally shot and she was wounded in Brunswick, Ga. West's 18-year-old son was stabbed to death in New Jersey in 2008. Prosecutors said the stabbing was in self-defence. BOBBY HAVEN/THE BRUNSWICK NEWS/THE ASSOCIATED PRESS

Conflicting stories.
Police lay charges on 17-year-old, but alleged killer's aunt claims alibi

The mother of a baby shot dead in his stroller in Brunswick, Ga., took one look at a teenage suspect's jailhouse mugshot Saturday and said he was definitely the killer. Yet an aunt of the teen said he was eating breakfast with her when the slaying took place.

Despite the conflicting stories, police have charged 17-year-old De'Marquise Elkins with murder, along with a 14-year-old suspect whose name has been withheld because he's a juvenile.

Brunswick police spokesman Todd Rhodes said even though Elkins' aunt provided an alibi, authorities have good reason to bring the charges.

"That's what she's saying, but the evidence we're looking at says something else," Rhodes said, though he would not elaborate.

Sherry West said she was pushing 13-month-old Antonio Santiago in his stroller as she walked home from the post office Thursday morning. She said a teenager, with a younger boy behind him, approached and asked her for money. West said when she told him she had no money the teen drew a gun and said: "Do you want me to kill your baby?"

The gunman opened fire and West was shot in the leg, while another bullet grazed her left ear, she said. She watched helplessly as the gunman shot her son in the face, she said.

THE ASSOCIATED PRESS

Hoping for justice

"My baby will never be back again.... He took an innocent life. I want his life, too."

Sherry West, whose baby was killed Thursday

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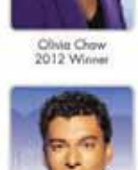
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Date night... at home!

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HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.

Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results. The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.

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Good balance. It's what we all strive for in our lives – the healthy combination between work and play, performance and rest, and eating right and exercising. If you need help getting motivated to exercise and enjoy a nutritious diet, know that the health benefits can't be overstated. Good eating starts with a variety of foods from the four food groups in Canada's Food Guide – plenty of fruits and veggies, whole grains and low-fat dairy products, along with lean meats and meat alternatives. Healthy diets also minimize intake of foods high in saturated fat, cholesterol, sodium and sugar.

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Cyprus, creditors reach tentative deal on bailout

A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

EU financial crisis.

Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a $13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency and spur turmoil in the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about $132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

To secure a rescue loan package, Nicosia had to find ways to raise $7.7 billion so it could qualify for the bailout. It resisted pressure by creditors to also unwind the country's largest lender, Bank of Cyprus.

THE ASSOCIATED PRESS

Smoking. Ex-surgeon general joins board of e-cigarette firm

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

The country's senior public-health official from 2002 to 2006 will advise the Arizona-based company on public-health and regulatory issues. He'll also spearhead its research of the battery-powered devices.

THE ASSOCIATED PRESS

Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will only be available in the U.S., and for a limited time. A previous story in Metro didn't specify where the product would be sold. METRO

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ENGAGING THE WORLD

Should you consider the HBP?

Think you have found the solution to your down payment woes?

The Home Buyer's Plan (HBP) allows you and your partner to withdraw up to $25,000 each from your RRSPs as your down payment. Once you are settled into your new place, you will have 15 years to pay it back.

But before you rush out and sign the withdrawal papers, weigh the consequences.

First, when you take money out of your RRSP you lose the power of compounded interest and reinvested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns.

If, for example, you withdraw $10,000 at age 30 through the HBP, that sum of money compounded at seven per cent for 25 years adds up to a little less than $55,000 (before tax). So you would miss out on nearly $45,000 in compounded interest and reinvested returns by withdrawing early.

Second, when you repay one-fifteenth of those borrowed funds each year, you don't get any tax writeoffs on those repayments because they aren't considered RRSP contributions — it's not new money.

Third, if you can't repay the minimum amount, you will be taxed on the difference between what you still owe and what you paid.

The primary benefits of the HBR are: First, it promotes home ownership, which is a valuable investment and can allow you immediate access to the real estate market. Second, repayments don't impact your annual RRSP deduction limit. Third, if you are flush with cash you can repay earlier.

Experts have differing opinions on the HBP. But the general consensus is that if you can afford not to use the plan, don't. The loss of compounded interest and reinvested returns on your RRSP will seriously impact your net worth goals. LESLEY SCORGIE

A small part of home financing

Mortgages. There are a number of elements to consider when securing a home loan

LESLEY SCORGIE
For Metro

Your monthly mortgage payment is just one small part of home financing. There are several other elements to consider.

The amortization period is how long it will take to pay off the total loan, which typically ranges from five to 25 years for insured mortgages through the Canada Mortgage and Housing Corporation (CMHC). The longer you take to pay off your loan, the lower the payments, but you will pay more in accumulated interest.

The term of the mortgage is how long it lasts. It typically ranges from six months to 10 years. When the term expires, you can renegotiate certain terms of the loan, transfer your loan to another institution, pay it off, or renew it for another term. The term is essentially the total amortization period broken into smaller chunks.

There are several elements to consider when thinking of home financing. GARY HOULDER/LIFESIZE/THINKSTOCK

The interest rate on a mortgage is the premium you pay to the lender for lending you money. Shop around for competitive rates and terms. Check out all the big bank websites as well as ratehub.ca, ratebot.ca, and canadamortgage.com.

A fixed interest rate means that the lender can't change the rate and your payment is set for the full term — great when rates are low.

A variable rate fluctuates with prime rate, and is typically lower than the current posted fixed rate allowing you to pay more principal. But the rates can fluctuate. This option is good when rates are high but declining.

Next, choose between an open or closed mortgage. Open mortgages cost more because you can, at any time throughout the term, pay any portion of the loan off without penalty and can negotiate almost any term of the mortgage at almost any time.

A closed mortgage means you are committed to the terms and conditions of the mortgage until your term is up.

Many lenders offer prepayment options — lump-sum payments of 10 or 20 per cent of the original amount each year, "double-up" payments, increased regular payments, or accelerated weekly or bi-weekly payments.

Hybrid mortgages

- There are two hybrid mortgages. A capped-rate mortgage takes advantage of a variable rate. If the rate increases to a certain level, the mortgage locks in for the remainder of the term (thus capping the rate). You pay a premium for this mortgage structure. A convertible mortgage allows for the existing terms to be converted to new terms (hopefully, more favourable) after a certain period of time.

Try to save as large a down payment as possible. COMSTOCK/THINKSTOCK

Rules. New guidelines in place for protection

As a result of the recent financial crises, high-risk, zero-down mortgages are history. This protects both the Canadian banking system and homebuyers by reducing the risk of loss.

Newly tightened mortgage lending rules now dictate that a minimum of a five per cent down payment is required to make a purchase. A down payment is simply calculated by taking a percentage of the cost of the home.

Today, to qualify for an uninsured mortgage, a borrower must have a 20 per cent down payment. But, for many people, saving 20 per cent is out of reach. Thankfully, through the Canada Mortgage and Housing Corporation (CMHC), buyers can secure an insured mortgage with a five per cent down payment.

CMHC charges a fee for the insurance and publishes a table of premiums, allowing borrowers to calculate the added costs. (If math freaks you out, use CMHC's premium calculator). On a $300,000 home, for example, a five per cent down payment translates into a $7,840 CMHC premium.

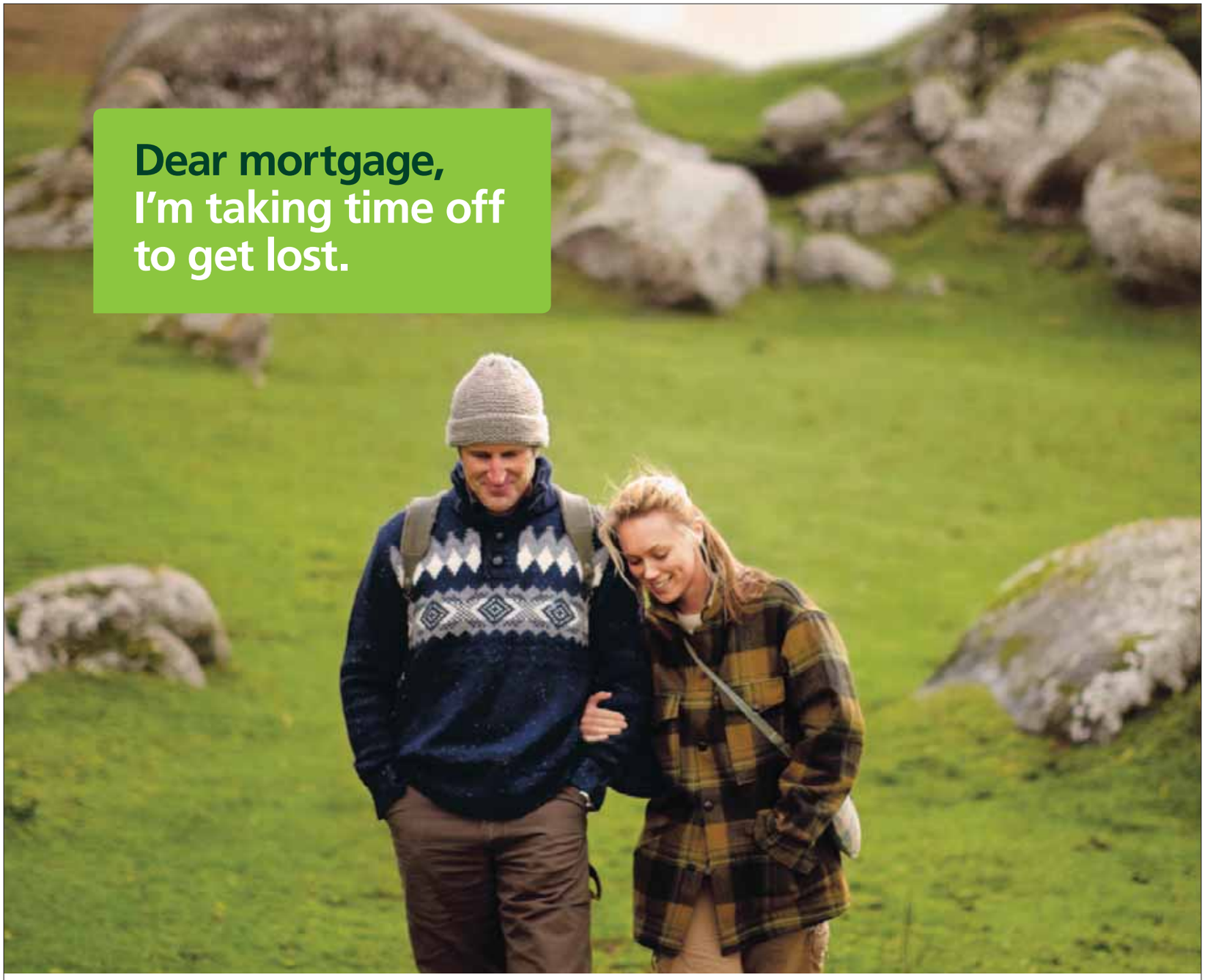
The more you put down, the less insurance you will pay, so try to save as large a down payment as possible. Note that, long term, CMHC fees are lower than the value gained through building equity in your home.

Rent-to-own options are home ownership solutions for individuals with poor or limited credit history who wouldn't otherwise qualify for a typical mortgage. Effectively, this is a lease combined with an exclusive option to purchase the home within a pre-specified period of time at a guaranteed purchase price.

At the beginning of the lease, a non-refundable initial option fee is paid by the buyer. As the buyer pays rent, they earn lease option credits that are put towards the purchase price of the home when the buyer decides to exercise the option to purchase the property. LESLEY SCORGIE

Renting to own

- Renting to own is great when a buyer wants to test out the house and neighbourhood, or if they need time to rebuild credit and save money. The drawbacks are that the rent paid is typically at a premium, the initial option deposit is non-refundable and bank financing isn't guaranteed at the end of the process.



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[1] Some conditions apply and subject to approval.

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SERPENT STORY HAS IT ALL

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

We journalists are so full of ourselves.

Always going on about lofty principles, we forget we're just telling tales around the fire.

And if we're really lucky, a story worth telling comes along. Like the one about the guy bitten by the snake in Costa Rica.

Not, I hasten to add, lucky for the guy: Michael Lovatt of the Sunshine Coast narrowly avoided a tragic outcome; but lucky for the rest of us who still like to go ooh and scare the crap out of ourselves.

This is one of those stories. Stop the presses! (Do we still have presses?)

A guy from B.C. is walking along a beach in Costa Rica one night. All of a sudden, he feels an intense pain on his foot. He shines his flashlight on his foot and sees three little red marks. An insect bite, he thinks, but it just keeps getting worse.

So he goes to a medical clinic, but language gets in the way. He decides to fly back to Vancouver. And by the time he finally gets to the hospital, his kidneys are shutting down and he's weeping tears of blood.

Tears of blood!

Anyway, as he fades ever faster, someone figures he has been bitten by a fer-de-lance, the deadliest viper in South America, and manages to locate antivenin at Seattle's Woodland Park Zoo. An air ambulance from Vancouver hustles to retrieve it. It is administered to Lovatt and — mirabile! — he starts to improve instantly. Now he's on the mend, although he could suffer some permanent kidney damage.

Still, life comes with compensations, and he'll have the Mother of All Stories to tell the folks back in Robert's Creek.

This is a horror story. Tourists love scaring each other about danger in the Garden of Eden and it doesn't get any more archetypal than evil serpents. There are 135 species of snake in Costa Rica; "only" 17 are poisonous, but all it takes is one bite from a fer-de-lance and you're weeping tears of blood.

It's a thriller. Everybody's seen the movie about the race with time as the venom spreads through the victim's bloodstream. This is a real nail-biter. First comes the false hope of the local medical clinic. (Memo to self: Learn Spanish. In Costa Rica, the fer-de-lance is called "terciopelo." They probably have buckets of anti-terciopelo serum.) Then the perilous flight home and the frantic search for the antivenin.

It's a medical mystery. The intrepid team from the B.C. Drug Poison and Information Centre and Vancouver General Hospital figures out this is no insect bite we're dealing with, identifies the nasty snake in question and finds the antivenin … in Seattle.

Finally, it's a happily ever after: Here's Michael Lovatt smiling in relief from his hospital bed. Worst nightmare vanquished, order restored.

It's enough to make you fall in love with journalism all over again.

ZOOM

HIS SPIDEY BEARD IS TINGLING

Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

For Roberts, whose beard measures just over 35 centimetres long, the Spidey style is one of his favourites: "It translated very well from concept to end result. At first, I tried to do a web but that didn't work out so I opted for the Spider-Man logo.

"Sculpting the beard wasn't as complex as it looks. I just separated it into sections and used plenty of extra-hold hairspray." METRO WORLD NEWS

Sunday best

"I normally don't wear my beard like this. On most days I just let it hang. I call this kind of beard my 'Sunday best.' This beard only took me 45 minutes to an hour to sculpt."

Chad Roberts, 35, IT administrator and president of the RVA Beard League

Clickbait

ANDREW FIFIELD
metronews.ca

The best part of living in the future is having a pocket-sized device that connects to the totality of collected human thought with a few taps of a finger. But that's no reason to feel guilty if you just want to kill some time with a little pinball. Here are three apps worth your spare time:

Zen Pinball

If you're not a reality purist, Zen tables are the best bet for high-concept hurry-ups and gimmicks — from the castle sieges of Excalibur to racking up combos as troublemaking kids in the Sorcerer's Lair. (Free/iOS and Android)

Revenge of the Rob-O-Bot

The devotion the shiny chrome finish and dot matrix scoreboard show to the titular robot still doesn't come close to the devotion the developers showed to capturing the physics and sounds of a real table. ($2.99/iOS and Android)

Pinball Arcade

Nothing gets more pure than real tables. Comes included with a faithful recreation of Tales of the Arabian Nights. But splurge for the in-app purchase of Ripley's Believe It Or Not, a true time-waster packed with objectives for players willing to learn the angles. (99 cents/iOS and Android)

Comments

RE: Sex toy gives singers an extra octave, published March 21

Yeah, he uses it on the OUTSIDE, in case anyone was confused lol. And yeah, people have been doing massages on the larynx forever, he's just probably the first to be in the media for using a vibrator.
eplizo posted to metronews.ca

Gives a slightly new meaning to the term "hummer"...
Jeff Overstreet posted to metronews.ca

A #SouthPark episode in the making....
Mighty-Morphin Larry posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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Dave Gahan of Depeche Mode performs earlier this year. GETTY IMAGES

Music-making machines

New album.
Depeche Mode Just Can't Get Enough of releasing music, or that bluesy influence

Depeche Mode has released a new album every four years since the early 1990s, so fans weren't surprised by the English band's announcement in late January that its 13th record was coming soon. The blues-tinged Delta Machine is out March 26 and the electronic band has September gigs scheduled at the Molson Canadian Amphitheatre in Toronto and Bell Centre in Montreal. Band member Andy Fletcher talks about what influenced the new songs, playing 30-year-old hits and the lead single Heaven.

How did the blues inspire you while recording the new album?
We have dabbled in this before, one of our most famous tracks, Personal Jesus, is very linked to blues music. All three of the band members, we have varied tastes in music going back to blues to early rock 'n' roll. I think the interesting thing is the mixing between blues and electronics and I think it really goes well. Obviously some songs such as Slow are more heavily blues influenced but even the tracks that are mainly electronics, you can still hear the blues influence.

What's on the set list for the new tour?
It's difficult getting a set together because there are so many songs now over the years, so many classics, and somehow we have to get a set together that sort of represents our whole career and at the same time make sure the new album gets its songs as well. It's a bit of a process, but I think we're getting there.

Which of the new songs are likely to be played?
Our last album, Sounds of the Universe, I don't think many of the songs really translated live that well, but this album seems to be completely the opposite, it's quite a minimal but powerful album and a lot of the tracks are sounding very good, like Soft Touch/Raw Nerve. Angel is sounding really, really powerful, and Should Be Higher. We can't play, unfortunately, too many songs from the new album because we have fans that go back such a long way, it'd be a bit selfish, I think, just playing a lot of songs off the new album and disregarding tracks from our career.

Have you considered a modern makeover to older tracks like Just Can't Get Enough that fans want to hear live but no longer reflect your current musical style?
You can't modernize Just Can't Get Enough, it's a classic pop song, it has a classic sound, you just have to play it. It's one of the most famous tracks of the '80s. If you tried to modernize it, it'd be horrible. I think it stands up as a classic track and obviously you have to position it in the set list where it'll sound the most comfortable, but I think we'd be doing the song — such a part of our history — a disservice to try to modernize it.

Why Heaven as lead single? Was it the label's preference?
I don't think the label would've chosen that song. We just felt it was the right sound to introduce the album. Great song. Commercially it doesn't really stand up, it's too slow, but for us it's the perfect taste for the album itself. ... It is important to us still to have success but not at all costs."

THE CANADIAN PRESS

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No purchase necessary. Contest open to residents of the Greater Vancouver Area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of a pass for two to a run of engagement screening of Springbreakers valid at participating Cineplex Odeon Theatres (approximate retail value of $26CDN). Skill testing question required. Contest closes March 31, 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Leno won't make peace with his NBC bosses

Network battle?
Despite being wined and dined, Tonight host is still taking jabs at his employers

Jay Leno. THE ASSOCIATED PRESS

Jay Leno is keeping up a comedy assault on his NBC bosses even after being treated to a make-nice dinner.

During his monologue Friday, the Tonight Show host asked his Burbank studio audience if they'd heard about his "alleged feud" with NBC.

Leno started taking on-air potshots at the network this month amid reports that the network plans to replace him at Tonight with Jimmy Fallon.

According to a NBC transcript from Friday's taping, Leno said that he had dinner Thursday with a "bunch of NBC executives" who offered to make things up to him: He and his wife are going on an all-expenses paid Carnival Cruise, he joked.

In February, passengers endured five nightmarish days on a crippled Carnival Cruise ship in the Gulf of Mexico.

NBC confirmed this week it's creating a new studio for Fallon in New York, where he hosts Late Night. But the network did not comment on a report that the digs at its Rockefeller Plaza headquarters may become home to a transplanted, Fallon-hosted Tonight.

This isn't the first time the Tonight stage has been used for a workplace dispute. In 2010, when Conan O'Brien briefly took over as Tonight host and Leno was moved to prime-time at NBC, the two traded on-air barbs.

Although late-night hosts are known for needling their network bosses, the timing of Leno's latest jabs seemed to make NBC's executives particularly uncomfortable and they asked him to stop. They don't want a repeat of the publicly messy turnover of just three years ago.

THE ASSOCIATED PRESS

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Amanda Bynes ALL PHOTOS GETTY IMAGES

Come home Amanda!

Amanda Bynes' family is reportedly very concerned about the troubled actress and wants her to move back to Los Angeles where they can keep a better eye on her, according to E! News. The accident-prone starlet has been living it up in New York, tweeting pictures of her outlandish recent makeover and a new cheek piercing along with bizarre and nonsensical declarations like "Baby corn and fried tofu," "Fear is pain arising from the anticipation of evil" and "I created the phrase lly and lololol."

Bynes has reportedly refused her family's requests that she move back to L.A.

Twitter

@Sethrogen
If you're like me, you're awake right now on hour 3 of 14 of smoking a brisket.

@JimCarrey
Hunters hang animals up on their walls.I kill mosquitos but their little heads r hard to mount!

@justinbieber
Back to the #longestbusrideever

@ABFoundation
When playing the losing attorney in a case, always wear a suit with a vest.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young

STARGAZING
Malene Arpe
scene@metronews.ca

Bradley Cooper

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas. The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life" "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.

Bret Michaels turns down an offer to strip for Chippendales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh. 3) Ugh. 4) Where are we as a civilization and can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed.

After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model. "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."

Ashton Kutcher

Kutcher taking vow of silence on relationship

Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."

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Book excerpt

Brand extension

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS" BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped.

THE ASSOCIATED PRESS

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Butter Chicken can be a healthy choice — seriously

A little prep in the morning will go a long way in creating a flavourful and nutritious family meal that cooks while you are at work.

Start with spice-coated chicken and a healthy pantry staple pasta sauce. Let it simmer all day in the slow cooker. Finish it off with rich Greek yogurt and lime at dinnertime.

This dish can be served over quinoa or basmati rice.

You can also make extra of the spice mixture and store for your next "better for you" Butter Chicken.

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307 calories.

This recipe serves six. NEWS CANADA

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then top with butter and Healthy Choice Diced Tomato with Onion and Garlic pasta sauce.

3. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

4. Stir in lime juice and yogurt before serving. Garnish with cilantro.

Ingredients

- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish

NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA

Healthy eating

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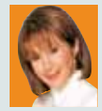

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When you're on the run, Tim Hortons is not only great for coffee but also for a quick bite. Just be careful what you bite into.

Tim Hortons BLT on a whole wheat bun

400 calories/ 18 g fat
With extra bacon and light mayo, the fat is close to double that of the chicken club.

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Tim Hortons Toasted Chicken Club on a homestyle soft bun

380 calories/ 7 g fat
Chicken is a better protein and it's served with a mustard that is lighter than mayo, saving you half the fat.

The perils of giving power to the pupils

Establishing trust between teacher and student is the key to educating adult learners of today. ISTOCK

BRUCE WALSH
Metro World News

University of St. Thomas professor Stephen D. Brookfield is perhaps the most prolific writer on adult higher education in the U.S. His books use personal experience to flesh out his teaching philosophy. Brookfied's latest, Powerful Techniques for Teaching Adults, takes a look at power dynamics.

"Power is everywhere in the classroom. You can't avoid it," he says from his office in Saint Paul, Minn. "So I thought, instead of writing a book that's full of these approaches — which is probably what people are expecting — let's examine how these power dynamics skew the way teaching techniques are experienced by students."

Powerful Techniques touches on a number of concepts Brookfield has written about before: developing critical thinking, facilitating discussion, utilizing the creative arts. But this time the author emphasizes the adjustments he has made to his teaching style due to notions of power and trust.

Though Brookfield is still a believer in student-controlled, self-directed learning, he now introduces the concept with more than a touch of caution.

"If I'm asking people to make decisions about the curriculum, or I'm involving them in setting up the grading system, one of the responses I often get is: 'You're playing a game with us and we don't know what your agenda is,'" he explains.

"So now I begin by saying, 'Here are the non-negotiable things about the class; here are the things I want you to decide; and here are places where we can negotiate.' By being less naive about us all having the same power, I'm able to gain a student's trust and build something from there."

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There's a language in your limbs: Put your best foot (and hand) forward

Let me see your body talk. Interview success is not all about what you say

YLVA VAN BUUREN
CareerBear.com

Late night last night? This ain't the time to let that show. ISTOCK

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Mandrake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered whereas content — or the answers during an interview — is less than 10 per cent. We remember how the individual interviewed, not what they said."

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit. Again, the choice should place the interviewer in the head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a "claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Friendly body language

Avoid crossing your arms and leaning back in your chair, which may force the interviewer to lean forward. Leaning in is a friendlier posture. Also, don't fidget. And demonstrate that you are organized by being tidy with your laptop, purse, etc., when you first arrive.

Make eye contact

Avoid looking down or away from the interviewer, because not giving proper eye contact may signal a lack of interest, says Danis. Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact. "In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

The great web of work

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MLS

Whitecaps leave chances on the table in Houston

The Vancouver Whitecaps know the value of burying their chances on the road.

It was an inability to do this in L.A. last autumn that allowed the Galaxy to get back into and take over their 2012 opening-round MLS Cup playoff game, eliminating Vancouver in heartbreaking fashion.

On Saturday, the Whitecaps lost 2-1 to the Houston Dynamo. Darren Mattocks, the speedy Jamaican striker, gave Vancouver the lead on a brilliant shot in the first half.

He had a chance to give the Whitecaps a two-goal lead on a break down the left side early in the second half, but he was stopped by Dynamo's Tally Hall.

Less than three minutes later, Giles Barnes tied the game for Houston. Warren Creavalle gave the Dynamo the lead seven minutes later.

The game turned quickly. The Whitecaps had a chance to take a stranglehold against a team that had gone 26 straight MLS home games without a loss. Instead, they were forced to chase for a draw.

Camilo Sanvezzo's free kick to tie the game later in the second half hit both posts and stayed out.

It comes back to chances, and the importance of capitalizing on them.

"There are simple things that could have made life easier for us tonight," head coach Martin Rennie told reporters after the match.

"We probably had four clear chances and tonight we only took one of them."

CAM TUCKER/METRO

Canucks keep on rolling in Colorado

NHL. Vancouver records fourth straight victory to jump back into Northwest Division lead

CAM TUCKER
cam.tucker@metronews.ca

The Canucks celebrate a goal by Alex Burrows on Sunday in Denver. CHRIS SCHNEIDER/THE ASSOCIATED PRESS

This time last week, it was nothing but doom and gloom for the Vancouver Canucks.

Two wins in eight games and five wins in 16 games as of last Tuesday morning had fans getting increasingly frustrated.

The Canucks aren't out of the woods yet, but how quickly things can change in this truncated season. Vancouver recorded its fourth straight win after hanging on to defeat the Colorado Avalanche 3-2 Sunday.

That means three road victories in just a four-day span. Forget style points.

No Ryan Kesler, David Booth, Zack Kassian and Dale Weise — all out due to injury. No Alex Edler, serving the final match of his two-game suspension.

Jordan Schroeder and Andrew Ebbett, two players who have been up and down between Vancouver and Chicago in the AHL, provided contributions with an assist each. Keith Ballard, a career defenceman thrown onto the wing in an emergency situation, didn't look out of place.

The only thing that matters in a bottom-line industry like the NHL is the result.

The Canucks are back atop the Northwest Division, two points up on the Minnesota Wild.

Cory Schneider, making his fourth straight start for the Canucks, made 26 stops Sunday.

The mystical coin head coach Alain Vigneault used to pick the starting goalie earlier in the season may now just be a two-sided Schneider piece.

Alex Burrows scored the winning goal late in the second period.

Burrows took a pass from Ebbett, made a move on Colorado defenceman Erik Johnson and then roofed a backhander top corner on Jean-Sebastien Giguere, giving the Canucks a two-goal lead.

PA Parenteau scored a power-play goal late in the third period — his pass out in front of the Canucks net bounced off Jannik Hansen's skate and through the legs of Schneider — to get the Avalanche to within one with 2:31 remaining.

The Canucks held on for the win.

Canucks defenceman Jason Garrison scored on the power play in the first period and Mason Raymond scored his ninth of the season — he's now tied with Daniel Sedin for the team lead in goals — in the second period.

On Sunday

Canucks	Avalanche
3	2

Penguins pry Morrow away from Stars

The streaking Pittsburgh Penguins acquired forward Brenden Morrow from the Dallas Stars on Sunday to bolster the team's second line.

Pittsburgh sent defenceman Joe Morrow, the team's first-round pick in the 2011 draft, and a fifth-round choice this year to Dallas in exchange for Morrow and the Stars' third-round pick in the draft. The players are not related.

The 34-year-old Morrow has 243 goals and 285 assists in 835 games, all with Dallas. Morrow will become a free agent at the end of the season. He waived his no-trade clause to move to the Penguins following a 20-minute conversation with Pittsburgh general manager Ray Shero on Sunday.

"The way he plays the game is something we've wanted to try and add," Shero said.

The Penguins are hoping to pair Morrow with former Dallas teammate James Neal and reigning NHL MVP Evgeni Malkin on the team's second line. Malkin remains out with an upper-body injury but could return later this week.

Morrow is scheduled to arrive in Pittsburgh on Monday afternoon and could play as early as Tuesday night when the Penguins host Montreal. Shero said Morrow's veteran savvy and physical presence around the net will be a welcome addition.

The Penguins won their 12th straight game, a 2-1 victory against the Philadelphia Flyers, on Sunday night.

THE ASSOCIATED PRESS

Brenden Morrow waived his no-trade clause Sunday to allow a move to join the Pittsburgh Penguins. BRANDON WADE/GETTY IMAGES

4 SPORTS

Eagles become first 15 seed to reach Sweet 16

March Madness. Florida Gulf Coast making basketball history with another upset over San Diego State

Bernard Thompson of the Florida Gulf Coast Eagles reacts after making a three-pointer on Sunday night in Philadelphia. ELSA/GETTY IMAGES

Florida Gulf Coast went from shocking the college basketball world to downright impressing it. And the Eagles were smiling the whole time.

Playing loose and easy, little-known FGCU beat San Diego State 81-71 on Sunday to become the first No. 15 seed to reach the Sweet 16 of the NCAA tournament.

"We don't take ourselves too seriously," said Florida Gulf Coast coach Andy Enfield, whose players tossed him in the air and poured water on him in raucous celebration before his postgame interviews. "We try to have fun, get serious when we have to.

"Our goal was to make history and we did it."

The next opponent for the upstart state school will be the main campus, third-seeded Florida, on Friday night in the South Regional semifinal in Dallas.

"We tried to scrimmage them early in the season in the pre-season," Enfield said. "Now we get our shot,"

Bernard Thompson had 23 points and Sherwood Brown added 17 for FGCU, the 16-year-old school in just its second season being eligible for post-season play.

In its first-ever NCAA tournament game on Friday, the Atlantic Sun champion busted brackets everywhere with an upset win over No. 2 Georgetown, a game the Eagles took control of with a 21-2 run in the second half.

THE ASSOCIATED PRESS

Homan rebounds for bronze

Canadian skip Rachel Homan shouts during the bronze-medal game against the United States at the world women's curling championship on Sunday in Riga, Latvia. Homan defeated American Erika Brown 8-6 for bronze on Sunday morning, just hours after a crushing 8-7 loss to Scotland's Eve Muirhead in the semifinal a night earlier. Scotland defeated Sweden's Margaretha Sigfridsson 6-5 for gold later Sunday. ROMAN KOKSAROV/THE ASSOCIATED PRESS

Golf

Bay Hill rained out as Woods leads

Tiger Woods is going to have to wait one more day to try to reclaim No. 1 in the world.

Moments after Woods made a 10-foot birdie putt on the second hole, a vicious thunderstorm interrupted the final round of the Arnold Palmer Invitational and wiped out play until Monday.

The storm dumped nearly 1 1/2 inches on Bay Hill and formed small ponds in the fairways — there was even a fish in the middle of the 18th fairway. Woods leads by three stokes.

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Tiger Woods at the Arnold Palmer Invitational, Sunday. THE ASSOCIATED PRESS

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	55	14	.797	—
New York	42	26	.618	12 1/2
Indiana	43	27	.614	12 1/2
Brooklyn	41	29	.586	14 1/2
Atlanta	39	31	.557	16 1/2
Chicago	38	31	.551	17
Boston	36	33	.522	19
Milwaukee	34	35	.493	21
Philadelphia	27	42	.391	28
Toronto	26	44	.371	29 1/2
Washington	25	44	.362	30
Detroit	24	47	.338	32
Cleveland	22	47	.319	33
Orlando	18	52	.257	37 1/2
Charlotte	16	54	.229	39 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	53	17	.757	—
Oklahoma City	52	19	.732	1 1/2
Denver	49	22	.690	4 1/2
L.A. Clippers	48	22	.686	5
Memphis	47	22	.681	5 1/2
Golden State	40	31	.563	13 1/2
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Minnesota	24	44	.353	28
Sacramento	25	46	.352	28 1/2
New Orleans	24	46	.343	29
Phoenix	23	48	.324	30 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

x-clinched playoff spot
y-clinched division

Sunday's results
Atlanta 104 Milwaukee 99
Miami 109 Charlotte 77
Chicago 104 Minnesota 97
Oklahoma City 103 Portland 83
Houston 96 San Antonio 95
Dallas 113 Utah 108
Philadelphia 117 Sacramento 103
Brooklyn 102 Phoenix 100

Saturday's results
Detroit 92 Charlotte 91
New York 110 Toronto 84
Memphis 110 Boston 106
Chicago 87 Indiana 84
Denver 101 Sacramento 95
L.A. Clippers 101 Brooklyn 95
Golden State 101 Washington 92

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	32	15	11	6	80	86	36
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	20	6	5	98	77	45
Boston	30	20	7	3	86	64	43
Ottawa	32	17	9	6	83	70	40
Toronto	32	17	12	3	97	92	37
Buffalo	32	13	15	4	86	100	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	33	17	14	2	84	98	36
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	32	13	18	1	103	98	27
Florida	33	9	18	6	78	116	24

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
Detroit	32	16	11	5	87	81	37
St. Louis	31	17	12	2	92	86	36
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	32	17	9	6	87	85	40
Minnesota	30	18	10	2	79	71	38
Edmonton	30	11	12	7	72	88	29
Calgary	30	12	14	4	85	103	28
Colorado	31	11	16	4	79	100	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	31	22	5	4	101	78	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
NY Islanders 3 Florida 0
Washington 3 NY Rangers 2 (SO)
Pittsburgh 2 Philadelphia 1 (OT)
Calgary 3 St. Louis 2
Detroit 2 Anaheim 1
Winnipeg 3 Tampa Bay 2
Vancouver 3 Colorado 2

Saturday's results
Ottawa 5 Tampa Bay 3
Minnesota 2 San Jose 0
Vancouver 1 Los Angeles 0
New Jersey 2 Florida 1
Buffalo 2 Montreal 1
Toronto 3 Boston 2
Dallas 5 Colorado 2
Nashville 5 Columbus 2
St. Louis 3 Edmonton 0

Monday's games
All Times Eastern
Toronto at Boston, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Los Angeles at Chicago, 8 p.m.
Edmonton at Nashville, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
San Jose at Anaheim, 10 p.m.

GOLF

PGA

ARNOLD PALMER INVITATIONAL

At Orlando, Fla.
Par 72
Partial Final Round

Bubba Watson	74-71-72-67—284
Gary Woodland	70-73-73-71—287
Josh Teater	75-71-70-71—287
Johnson Wagner	76-71-69-71—287
Chris Stroud	72-71-74-71—288
Francesco Molinari	75-71-70-72—288
Sang-Moon Bae	71-69-76-73—289
Bob Estes	71-69-75-74—289
Graeme McDowell	72-74-75-69—290
Nick Watney	69-76-72-73—290

Also

David Hearn	**75-71-71-73—290**
Graham DeLaet	**76-69-73-73—291**

Leaderboard

	Score Thru
Tiger Woods	-12—2
Keegan Bradley	-9—4
Ken Duke	-9—4
John Huh	-9—2
Rickie Fowler	-9—2
Brian Stuard	-8—5
Mark Wilson	-8—5
Thorbjorn Olesen	-8—3

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

♉ Taurus
April 21 - May 21
Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

♊ Gemini
May 22 - June 21
You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

♋ Cancer
June 22 - July 23
The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

♌ Leo
July 24 - Aug. 23
Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

♍ Virgo
Aug. 24 - Sept. 23
An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

♎ Libra
Sept. 24 - Oct. 23
You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

♐ Sagittarius
Nov. 23 - Dec. 21
You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

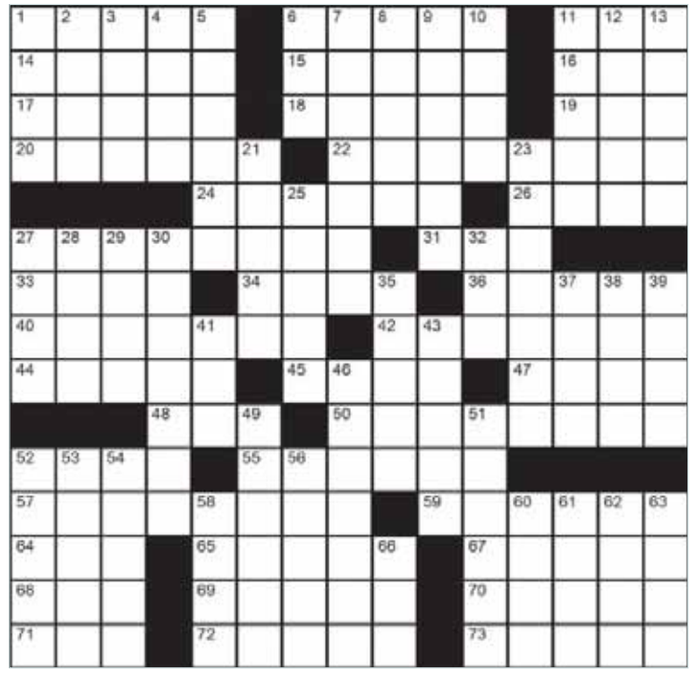
♑ Capricorn
Dec. 22 - Jan. 20
It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

♒ Aquarius
Jan. 21 - Feb. 19
Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

♓ Pisces
Feb. 20 - March 20
Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

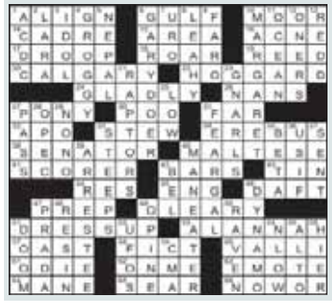
BY KELLY ANN BUCHANAN



Across
1. Flower
6. __-watching
11. Rihanna's "_._._. (Rescue Me)"
14. Grissol product, __ Toast
15. Sky high toys
16. Morn's follower
17. J'__; Nous avions; Vous aviez...
18. Tomato-hitting-the-ground sound
19. __ possidetis (As you possess, at law)
20. "Bridget __ Diary" (2001)
22. When the Hag-gadah is read
24. Assert
26. People: French
27. St. __ (Franco-phone community in Manitoba)
31. Pou __ (Vantage point)
33. __ even keel: 2 wds.
34. Scratcher's woe
36. Violin stroke
40. 9th Prime Minister, Arthur __
42. Large clothing cabinet
44. North and South
45. "Nonsense!"
47. Gumption
48. Late-shift times [abbr.]
50. Mystical creatures
52. Actor, Corbin __
55. "__ and Cleopatra" (1972)
57. "Working for the Weekend" band
59. Citrus fruit
64. Be beholden
65. Like acorned trees
67. Be of service
68. Mattel doll
69. Serviceable
70. Snow: French
71. 'Lion' suffix
72. '80s hit: "__ __ the Girls I've Loved Before"
73. Courtier in Shake-speare's Hamlet

Down
1. Music key, _ __.
2. Prefix meaning 'Left'
3. Mother in Pearl S. Buck's 1931 novel The Good Earth, _-__
4. Off-Broadway theatrical award
5. Mountain range's spine
6. Calendar components, curtly
7. Woodstock attendees
8. Sky's supporter
9. Mosts opposites
10. Ballpark figs.
11. Jeanne __ (Former Governor General)
12. Frequently
13. Teaspoon-in-cup moves
21. Drum kit part
23. Monster of BC's Lake Okanagan
25. Very little
27. Retro-style pop music syllable
28. Count Basie's "__ _'Clock Jump"
29. Hammer's target
30. 1992 k.d. lang album
32. Rum __ Tugger (Cats character)
35. __ idea (Doesn't realize): 2 wds.
37. Whirring sound
38. "So, are you out __ __ then?"
39. Soaks
41. Taxing letters
43. Zoo creature
46. Scream louder than!: 2 wds.
49. Actor, Antonio __ Jr.
51. "__ de Bergerac" (1990)
52. Guy, Brit-style
53. Chad and Rob
54. Makes equal
56. Finnish smart-phone company
58. Really beat, in sports
60. Some li'l roads
61. Hair removal brand
62. 1958 Leslie Caron title role
63. There's none in a power failure, for short
66. First word in Inferno by Dante

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					6	1	7	
4		3	1			2		
				8				
9							8	2
1	8		5		7		3	4
3	5							6
				3				
		7			1	6		5
	2	1	9					

Friday's Sudoku

7	9	6	3	1	8	2	5	4
2	5	3	7	9	4	8	1	6
1	4	8	6	5	2	9	7	3
9	3	2	5	6	1	7	4	8
6	8	7	2	4	9	1	3	5
5	1	4	8	3	7	6	9	2
8	6	5	9	7	3	4	2	1
4	2	9	1	8	5	3	6	7
3	7	1	4	2	6	5	8	9

Today
11°/5°
Variable

Tuesday
11°/7°
Partly sunny

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MARCH MADNESS SALE! Ends March 29th

SAMSUNG

4.3 cu. ft. Front-Load Washer and 7.3 cu. ft. Front-Load Electric Dryer
Model: WF331ANW / DV331AEW
Color: White

PAIR SALE PRICE **$1349*** *After $150 BC Hydro Mail In Rebate

SAMSUNG

Handy Appliances Is Your Samsung Headquarters!

SAMSUNG

21.6 Cu. Ft. Bottom Freezer Refrigerator
Model: RL220
Dimensions: 30" W x 66.8" H x 34.3" D

STAINLESS STEEL **$1199** Subtract $100 for White or Black

SAMSUNG

1.8 Cu. Ft. Over-the-Range Microwave
Model: SMH1816

STAINLESS STEEL **$299** Subtract $50 for White

SAMSUNG

24" Tall Tub Built-In Dishwasher
Model: DMT610RH

PRICE INCLUDES DELIVERY & INSTALLATION
Some Conditions. Apply. See In-Store.

STAINLESS STEEL **$699** Subtract $50 for White or Black

< Only 30" Wide >

SAMSUNG

21.6 Cu. Ft. French Door Refrigerator
Model: RF220NCTA
Dimensions: 30" W x 65.4" H x 34" D
Colors: Stainless Steel, White, or Black

SALE PRICE **$1399**

SAMSUNG

36" Counter Depth French Door Fridge
Model: RFG237ACRS
Dimensions: 35.8" W x 69.6" H x 28.5" D
Colors: Stainless Steel

SALE PRICE **$1999**

GE

30" Freestanding Gas Range
Model: JGBS07DETWW
Color: White

SALE PRICE **$479**

GE

27" Top-Load Washer with 3.9 cu. ft. Capacity
Model: GTAN2800DWW
Color: White

SALE PRICE **$479**

GE

Full Console Portable Dishwasher
Model: GSC3500D
Color: White or Black

SALE PRICE **$499**

GE

30" Freestanding Gas Range
Model: JCGB600SETSS
Color: Stainless Steel

SALE PRICE **$899**

moffat

30" Electric Standard Clean Range
Model: MCBS523RWW
Color: White

SALE PRICE **$299**

moffat

30" Electric Self-Clean Range
Model: MCB757DRWW
Color: White

SALE PRICE **$399**

Huebsch

26" Top Load Washer, 3.3 Cu. Ft.
Model: ZWN412
Color: White

SALE PRICE **$699** COMES WITH INDUSTRY LEADING 3 YEAR WARRANTY

Huebsch

26" Front Load Dryer, 7.0 Cu. Ft.
Model: ZDE3LR
Color: White

SALE PRICE **$599** COMES WITH INDUSTRY LEADING 3 YEAR WARRANTY

Danby Silhouette

Under Cabinet Range Hood
Model: DURH301SSSL
Color: Stainless Steel

Available in 30" & 36" Width

SALE PRICED **$299**

Danby Silhouette

30" Wall Mount Chimney 500 CFM Range Hood
Model: DWRH301SSST
Color: Stainless Steel

MSRP $599

SALE PRICED **$399**

White-Westinghouse

18 Cu. Ft. Top Mount Refrigerator
Model: WRT8G3EW
Dimensions: 29.6" W x 65.3" H
Color: White

SALE PRICED **$444**

Panasonic

1.2 Cu. Ft. Mid-size Microwave Oven
Model: NNST651
Color: Black or White

SALE PRICE **$99**

DeLonghi

24" Pro Gas Range
Model: CFSGG24
Color: Stainless Steel

SALE PRICE **$1499**

Limited stock. Must take delivery within 30 days of purchase. Subject to availability.

DeLonghi

24" Gas Cooktop
Model: CCTG24
Color: Stainless Steel

SALE PRICE **$499**

Limited stock. Must take delivery within 30 days of purchase. Subject to availability.

DeLonghi

24" Gas Wall Oven
Model: CBIG24
Color: Stainless Steel

SALE PRICE **$1099**

Limited stock. Must take delivery within 30 days of purchase. Subject to availability.

DeLonghi

24" Electric Wall Oven
Model: CBIE24
Color: Stainless Steel

SALE PRICE **$1199**

Limited stock. Must take delivery within 30 days of purchase. Subject to availability.

DeLonghi

30" Gas Range
Model: CEFSGG304SS Color: Stainless Steel

SALE PRICE **$1999**

Limited stock. Must take delivery within 30 days of purchase. Subject to availability.

DeLonghi

36" Double Oven Gas Range
Model: CFSGGD36 Color: Stainless Steel

SALE PRICE **$2499**

Limited stock. Must take delivery within 30 days of purchase. Subject to availability.

DeLonghi

48" Dual Fuel Range
Model: CFSGE48 Color: Stainless Steel

SALE PRICE **$4499**

Limited stock. Must take delivery within 30 days of purchase. Subject to availability.

Looking to replace your fridge water filter?

Buy 1 and Get 50% OFF the second one!

Expires March 31, 2013

10% OFF ANY APPLIANCE PARTS PURCHASE
(Including Water Filters)
With this coupon.

Expires March 31, 2013

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Expires March 31, 2013

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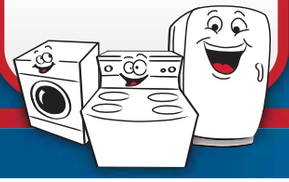

Conveniently Located at:
705 E 17th Ave
(Corner of Fraser & 17th)
Vancouver, British Columbia

Hours of Operation

Monday To Friday	8:00AM - 5:30PM
Saturday	9:00AM - 4:00PM
Sunday	Closed

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